

M.D. (YOGA & NATUROPATHY) DEGREE EXAMINATION

BRANCH II – YOGA

THIRD YEAR

PAPER IV – CLINICAL YOGA

Q.P. Code : 461422

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 20 = 40)

1. Clinical examination of Cardiovascular system and How do you identify Ischemic cardiac pain and Non cardiac Pain?
2. Write on Obesity under following headings:
 - a) Definitions, identifications, classifications, aetiology, specific causes of weight gain, Brown and white fat.
 - b) Justify your yoga prescriptions.

II. Short Notes on:

(10 x 6 = 60)

1. Mechanism of yoga in the management of Polycystic ovarian syndrome and features of PCOS.
2. Clinical significance of free radicals and prevention of aging through natural methods.
3. Endocrinal responses to exercise and Yoga.
4. Neuro physiology of Sleep.
5. Mechanism of respiration and add a note on Yogic breathing.
6. Diabetes - WHO's latest criteria for diagnosis, classification and diabetic vascular Disease.
7. Fatty liver and Nonalcoholic steatohepatitis.
8. Features of simple mechanical low back pain and nerve root pain.
9. Mechanism of Yoga in Stress management.
10. Examination of respiratory system and physiological effects of Kumbhaka.
